

ABSTRACT OF DISCLOSURE

An optical recording medium, a method and an apparatus of recording data on the optical recording medium. A recording waveform that includes a recording pattern for high-speed recording and an erasure pattern with multi-pulse train is generated. Using the generated recording waveform, digital data is recorded as a mark or space. A low write power level of the recording pattern is set to be higher than a bias power level, and high and low erase power levels are applied as pulses.